

Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program

118 Prospect Street, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

Prefer to have individual nutrition education?

WIC staff are available for in-person second nutrition education visits.

Call 1-888-253-8799 to schedule.

All activities are FREE of charge!



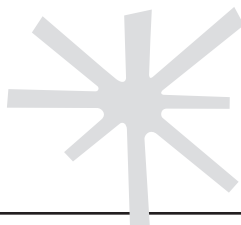
Grocery store tour

Thursday, December 1
2:00–3:00 p.m.

Shaw's Supermarket
127 VT Highway 12S
Randolph

Have some questions about what is WIC approved and what is not? Want to add some variety to the WIC foods you buy? WIC staff will be at the Shaw's in Randolph to answer your shopping questions. We will meet at the front of the store and learn together how to make the most of your WIC benefits. Each family that comes will receive a reusable shopping bag.

Space is limited, please pre-register by calling 802-281-5021.



Breastfeeding: Making it simple

Wednesday, January 18

Noon–1:00 p.m.

Vermont Department of Health
118 Prospect Street, Suite 300
White River Junction

This group offers support to pregnant moms considering breastfeeding, as well as continuing support to breastfeeding mothers like you. WIC staff will share information on infant feeding cues and sleep patterns. Learn from other moms' experiences as you help each other brainstorm solutions to any difficulties you may have heard of or are experiencing. Getting support can help you meet your personal breastfeeding goals. Dads and grandparents are welcome, too.

Call 1-888-253-8799 for more information.

Super-charged sandwiches

Friday, February 10; 11:00–11:30 a.m.

Vermont Department of Health
118 Prospect Street, Suite 300
White River Junction

Veggies are packed with nutrients to super-charge your day. Getting the kids involved in picking out veggies and helping to prepare meals can help your child learn to enjoy a variety of foods. Join us for some hands-on nutrition fun as we provide an assortment of colorful vegetables and allow your child to make a one-of-a-kind super charged sandwich.

Space is limited. Please pre-register by calling 802-281-5021.